Everything I know about self-care I learned from my pets.

Charles Barnes, SJ

I see you're stressed…

Things not going to plan?

Fish got your tail?

In the Dog House?

Life doesn’t have to be all serious

Plan to take care of yourself

Eat a balanced diet

Have a laugh

...and then the cat fell in the toilet...and, and...
...dude, stop! STOP! You're killing me!!
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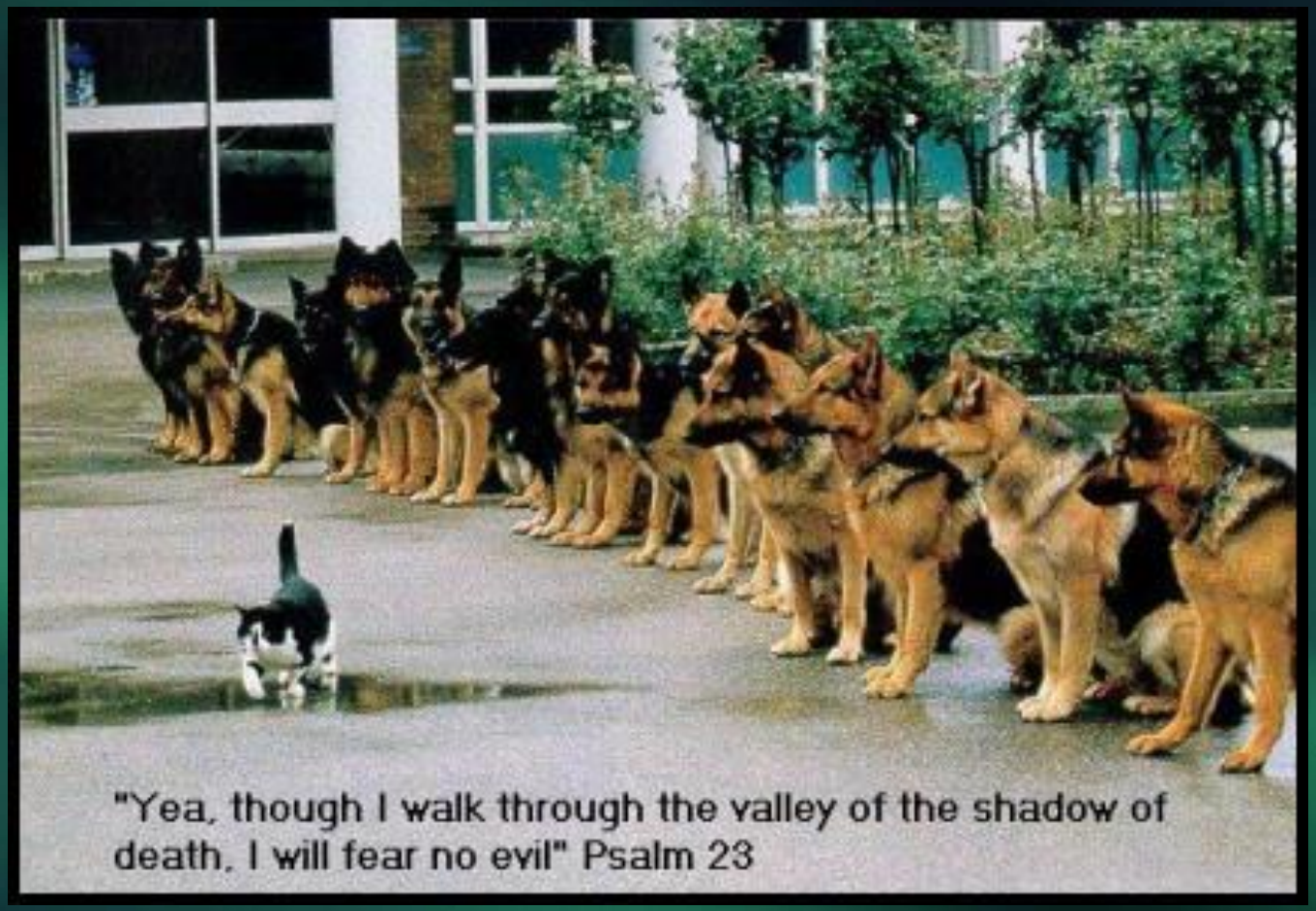
Take time to play

Be careful about risk taking behavior



Be careful of displaced anger

Be open to surprise

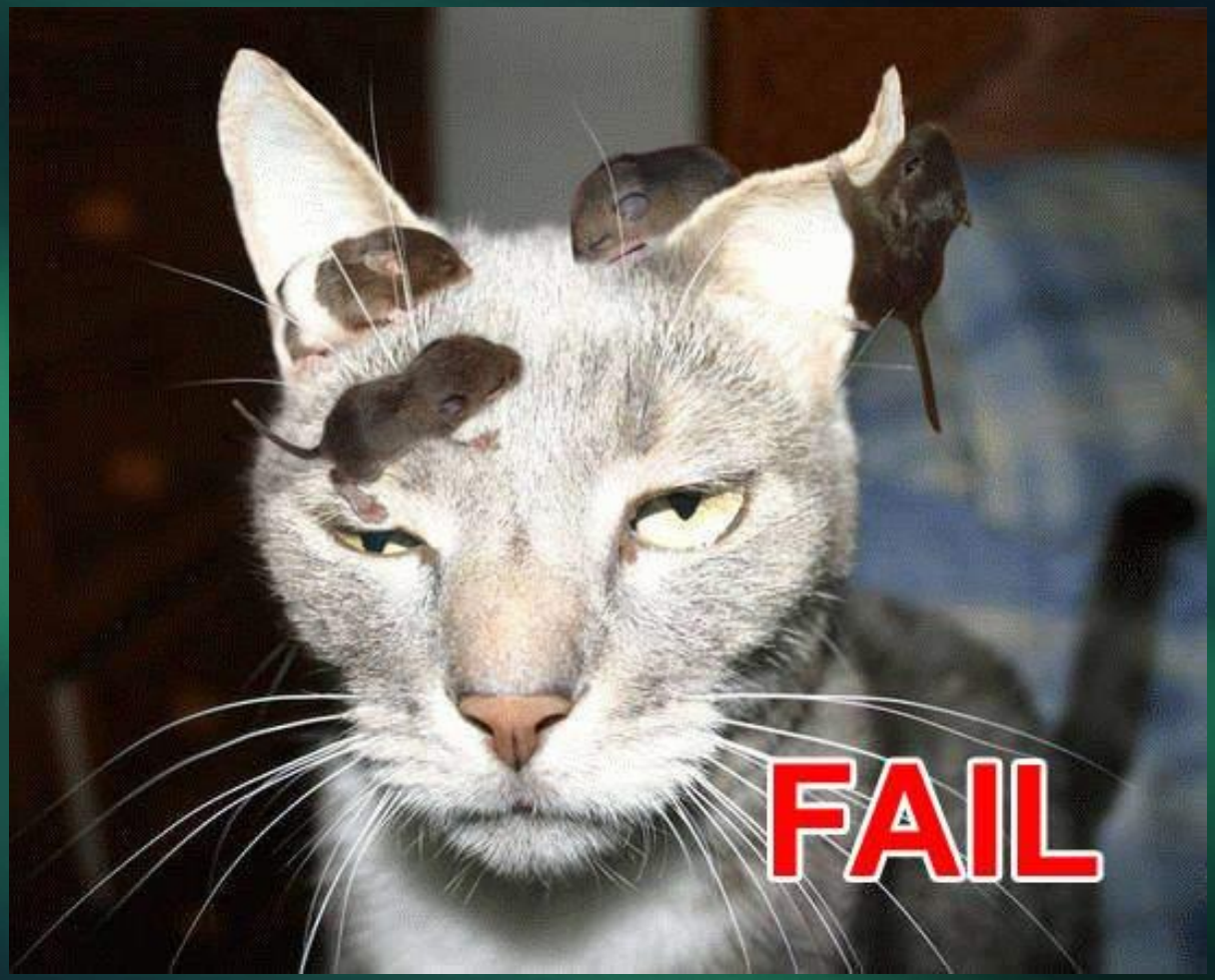
Beware of unhealthy coping strategies

Take time out for the little things

Talk about it

Pray!

Don’t let the little things get you down



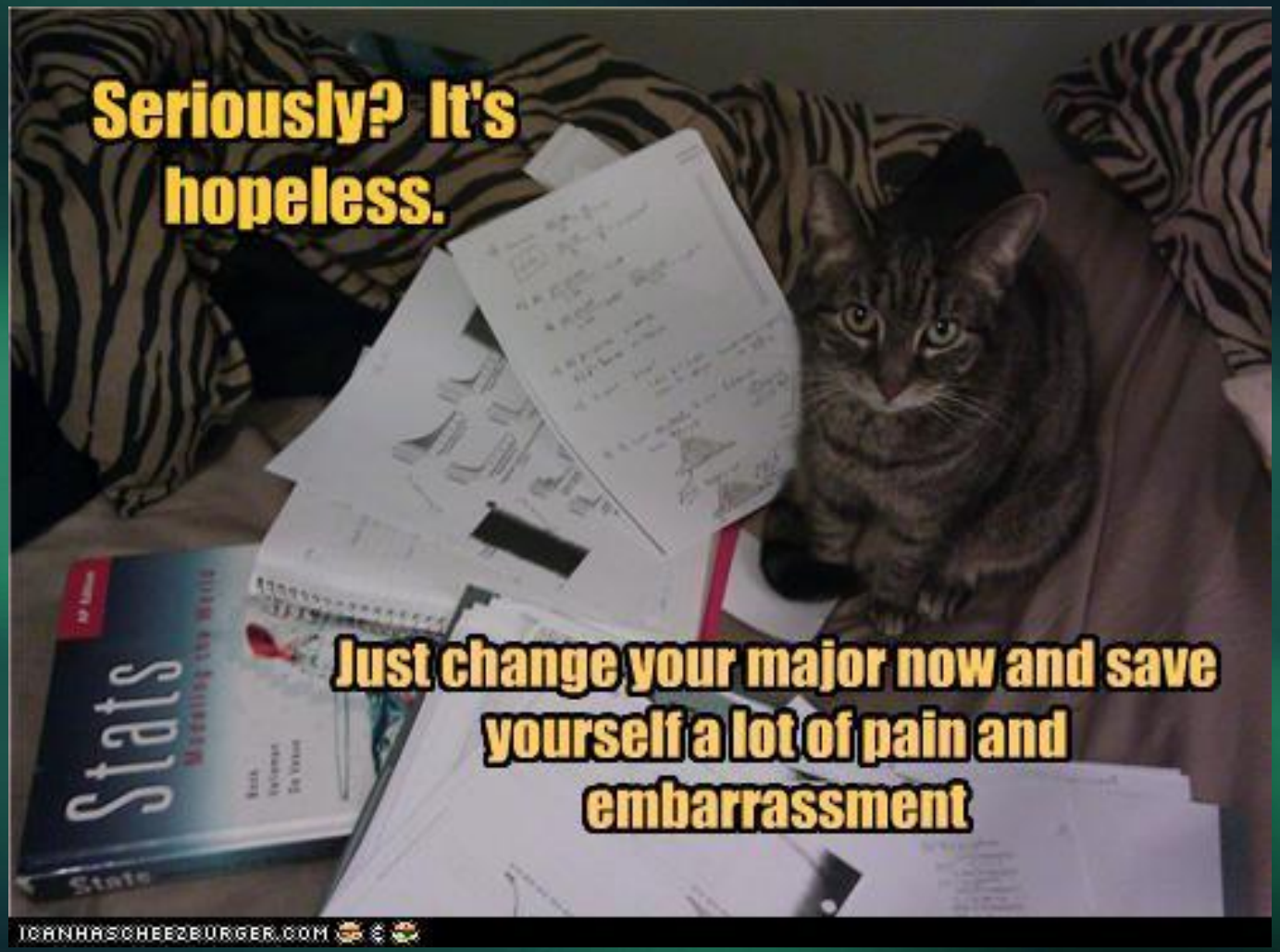
Take time for hobbies

Practice gratitude

Rest

Give yourself time to heal

Avoid making important decisions



Watch your caffeine and alcohol intake

Remember: Life is a gift!

d-d-d-dat's all fokes!
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